

# WARREN SENTINEL



"Jolly Rogers"

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Volume 64, Issue 42

F.E. Warren Air Force Base, Wyoming

October 21, 2005

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**Red Ribbon  
Awareness Week  
Sunday - Oct. 23**

## WARREN WELCOMES NEW LEADER

Brigadier General Thomas Deppe, Twentieth Air Force Commander, addresses the base during his change of command speech Oct. 14. For more on the Twentieth Air Force Change of Command, see Page 5 and Pages 12-13.

Photo by Berni Ernst

Warren  
welcomes  
Brig. Gen.  
Deppe

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Wingman  
Day  
dodgeball  
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Help  
troops  
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home

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# Commentary

## The flag: What does it really stand for?

**Master Sgt. Yvonne Miller**  
90th Space Wing Career Assistance Advisor

Before leaving work on Friday, I skimmed over my planner for the next month to see what was coming up and what I had planned. The words "Veterans Day" caught my eye on the November schedule and it immediately brought back memories of a news clip that I saw last November where a small town threw a parade in celebration of Veterans Day. In this clip, I noted an elderly gentleman, in a wheel chair, standing up for the passing of the United States flag, while men, women and children who surrounded him stayed in place, sitting on the street corner, seemingly with no concern or care for "Old Glory."

As I watched this, I was shocked, disappointed and disgusted, all at the same time. I couldn't believe my eyes. I thought to myself; have we, as Americans, forgotten what the American Flag is all about and what it stands for? Do we not understand that the United States flag is not just a piece of cloth or a decoration that looks good in the front of a nicely trimmed lawn?

So, what does the flag stand for? The flag stands for the people, the people who have served and given their lives for this country. The 13 stripes represented a new constellation, a new nation dedicated to the personal and religious liberty of mankind. The colors of the flag symbolize the patriotic ideals and spiritual qualities of the citizens of America. It's obvious to me the "Stars and Stripes" represent all American principles that we should live by: liberty, justice, and humanity. It is a symbol of our nation's laws, the Constitution of the United States and the Bill of Rights. A symbol that is honored every year on Flag Day, June 14.

So, why even celebrate Flag Day? We celebrate Flag Day as a day of national observance. Observance for the prisoners of war, for the 1,600 military members who gave their lives during the Iraqi war, for the 2,900 American people who lost their lives on Sept. 11, 2001, and for all Americans who have died. We pay our respect for the red, white, and blue each June 14, for respect for all as a nation, a nation of one.

As Americans, it is our duty to understand what the American flag stands for and understand that we rise and stand for the flag for many reasons; as a symbol of our patriotic and spiritual qualities as Americans, as a symbol of our nation's laws, and to remind us, as a nation, that we are about liberty and justice for all. So the next time you see someone not paying their respects for the flag, whether it be at a town parade, or during reveille, kindly remind them of what being an American, a proud American, means and what paying their respects to the flag stands for ... freedom ... freedom for all!

## Man on the street

*The Warren Sentinel asked Warren members, "What did your office do for Wingman Day?"*



"We played volleyball, had a sit down with Col. (Michael) Carey and watched a sexual assault training video."

**- Senior Airman Artise Brown, 90th Medical Operations Squadron**



"We closed down, had pizza and learned a lot about the subject at hand."

**- Lt. Col. (Dr.) Lori Everett, 90th Medical Operations Squadron Dental Clinic**



"[We did] The Amazing Race – squadron edition, then ate pizza and watched a movie."

**- Staff Sgt. Catherine Reatherford, 90th Security Forces Group**



"We sat down and (Lt.) Col. Gentry gave us a lecture on stress relief and how to look out for our wing man. We also had chili and stew."

**- Staff Sgt. Mark Jenkins, 90th Space Wing Safety**

## WARREN SENTINEL STAFF

**Col. Michael Carey**  
90th Space Wing Commander  
**Capt. Warren Neary**  
Chief of Public Affairs  
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**Articles** are due to public affairs, Building 250, room 201, by 4:30 p.m. Thursday the week before publication. Classified ads are due by 11 a.m. Tuesday the week of publication.

**Classified ads** can also be dropped off or mailed to Wyoming Newspapers, Inc., 202 E. 18th St., by 1 p.m. Tuesday the week of publication. Articles and ads that don't meet these deadlines won't be considered for that week's issue. Edito-

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Visual information

## Message from Brig. Gen. Thomas Deppe

*It's great to be back as a member of America's ICBM team. I'm looking forward to working with the outstanding professionals of the Twentieth Air Force, and experiencing the legendary community support enjoyed by our people. In the near future, I plan on visiting all three wings of Twentieth Air Force and meeting you all personally.*

*One of my priorities will be continuing to remind people of the importance of the Twentieth Air Force mission. A mission*

*of strategic deterrence that led to victory in the cold war and is more important to America's security today.*

*This mission must always be performed safely and professionally without exception. America depends on us, and the American people deserve our best efforts.*

*Finally, I promise you that everyday as your Twentieth Air Force Commander I will do my best to make all of us, including me, the best at what we do.*





# Twentieth Air Force welcomes new CC

**Senior Airman Lauren Hasinger**  
*90th Space Wing Public Affairs*

Brigadier General Thomas Deppe assumed command of the Twentieth Air Force Oct. 14 in a change-of-command ceremony at Argonne Parade Field here.

General Deppe succeeded Lieutenant General Frank Klotz, who was selected to become the Vice Commander of Air Force Space Command.

"Never in my wildest dreams did I think I'd be the commander of Twentieth Air Force," General Deppe said.

As General Deppe assumed command, he made a promise to the men and women of the Twentieth Air Force. "I promise you that everyday as your Twentieth Air Force Commander I will do my best to make all of us, including me, the best at what we do."

The general stressed that Twentieth Air Force is the most important Numbered Air Force and possibly has the most important mission in the Department of Defense.

During the ceremony,

members from Twentieth Air Force and the 90th Space Wing performed in a traditional military parade including a pass and review for the new commander.

Representative Barbara Cubin, Wyoming congresswoman, state Senator John Hanes, state representative Pete Illoway; and General Lance W. Lord, Commander of AFSPC were in attendance.

General Deppe has served in several capacities throughout the Air Force, most recently as the director of logistics and communications, the chief information officer and the chief sustainment officer at AFSPC. No stranger to Twentieth Air Force, the general served two tours at Malmstrom AFB, Mont.; first, in 1977, and again as their wing commander from 2000 to 2002. He also was stationed here from 1996 to 1998 as both the 90th Logistics Group (now 90th Maintenance Group) Commander and the 90th Space Wing Vice Commander.

Prior to receiving his commission in 1977, General Deppe was enlisted for over



Photo by Airman 1st Class Tessa Cubbon

**Brigadier General Thomas Deppe salutes during the Twentieth Air Force change-of-command ceremony Oct. 14.**

10 years, first as a maintainer and then as a recruiter.

He earned his bachelor's degree in management through Tarkio College in 1977, followed by a master's degree in systems management from the University of Southern California. He also graduated from the Air Command and Staff College, Armed Forces

Staff College in Norfolk, Va., and the Air War College at Maxwell AFB, Ala.

During his 38 years of service, General Deppe has earned a Defense Superior Service Medal, a Legion of Merit with an oak leaf cluster, a Defense Meritorious Service Medal with an oak leaf cluster, a Meritorious Service Medal

with four oak leaf clusters, an Air Force Commendation Medal, an Air Force Achievement Medal, a Joint Meritorious Unit Award with four oak leaf clusters, an Air Force Outstanding Unit Award with three oak leaf clusters, and an Air Force Organizational Excellence Award with an oak leaf cluster.

## Awareness: Warren, local community celebrate National Red Ribbon Week

**Al Dyke**  
*90th Medical Group*

Warren and the Cheyenne community will join others across the nation to raise awareness about drugs and encourage healthy choices as they celebrate National Red Ribbon Week, Sunday through Oct. 31.

The Red Ribbon campaign promotes this belief and encourages a drug-free lifestyle and involvement in drug prevention efforts.

This year's national theme is "Real Heroes Don't Use Drugs." The 2005 Red Ribbon campaign promotes awareness of the drug problems facing every community; develop parent and community teams to combat alcohol, tobacco, and other drugs, and promote a drug-free lifestyle for everyone.

Several activities are scheduled during the month of October. The Laramie County School District #1 will promote various activities at schools throughout the district.

For information on school activities, contact Cornelia Dereemer at 771-2167.

### **Monday: Red Ribbon Capitol Kick-Off**

Begins 9 a.m. on the front steps of the Capitol building. For more information, contact Ms. Dereemer at 771-2167.

### **Monday: Red Ribbon awareness display**

Located at the 90th Medical Group clinic inside the front door. For more information, contact Al Dyke at 773-2879.

### **Tuesday: Freedom Elementary events**

A puppet show for kindergarten students 9:15 a.m., for first and second grade students 10:20 a.m., for third grade students at 1 p.m.

Red Ribbon wear recognition is during recess at noon.

For more information, contact Mr. Dyke at 773-2879.

### **Tuesday to Oct. 28: Carey Jr. High School events**

Red ribbon wear recognition

from 10:30 a.m. to 12:30 p.m.

For more information, contact Mr. Dyke at 773-2879.

### **Wednesday: Rossman Elementary events**

A puppet show from 1:30 to 2:30 p.m.

For more information, contact Staff Sgt. Rob McHenry at 772-5957.

### **Thursday: Chugwater Elementary events**

A puppet show from 1 to 2 p.m.

For more information, contact Mr. Dyke at 773-2879.

### **Oct. 28: Carey Jr. High School events**

A drug awareness presentation at 8:30 a.m.

For more information contact Petty Officer 1st Class Adrien Clark or Dawn Gay at 773-6500.

### **Oct 28: Freedom Elementary events**

Intoxication prevention demonstrations are 9 a.m. for sixth grade students, 1 p.m. for fifth

grade students, and 1:45 p.m. for fourth grade students.

For more information, contact Mr. Dyke at 773-2879.

### **Oct. 28: Hobbs Elementary events**

A Black Hawk helicopter will land at the school at 1 p.m.

For more information, contact Mr. Dereemer at 771-2167.

### **Oct. 28: Anderson Elementary events**

A Black Hawk helicopter will land at the school at 1:45 p.m.

For more information, contact Mrs. Dereemer at 771-2167.

### **Oct. 28: 90th Medical Group Trick or Treat events**

Red Ribbon awareness and drug demand reduction is 4:30 p.m.

For more information, contact Mr. Dyke at 773-2879.

### **Oct 31: Trick or Treat off the Street Halloween party**

At the Youth Center from 6 to 9 p.m.

For more information, contact Andrea Black at 773-2564.



Briefs

FTAC NCOIC needed

An E-5 or E-6 is needed to fill the position as NCOIC, First Term Airman Center.

Applicants must have approval from their career field manager for release from their current duty.

This is a position to prepare new Airmen for life in the Air Force by transitioning them from a training environment to a mission-oriented environment. Applicant's military bearing and appearance must be above reproach, dedicated to the Air Force core values, motivated to mentor young Airmen, and serve as a positive role model for all new Airmen at Warren.

Applicants must submit their resume, last five EPRs and an approval/release letter signed by their commander to Master Sgt. Yvonne Miller, no later than COB Feb. 1, 2006.

For more information, contact Maj. Dan Knight at 773-3308.

Adoption Expense Reimbursement Program

The Adoption Expense Reimbursement Program applies to members whose adoption of a child less than 18 years of age was finalized on or after Dec. 5, 1991. Members may be reimbursed a maximum of \$2,000 per child for qualifying expenses related to the adoption, and a maximum of \$5,000 for multiple adoptions per calendar year.

For more information, contact the Military Personnel Flight at 773-2366.

Cheyenne VA Hospital Flu Clinic and diabetes screening

The Cheyenne Veteran's Association Hospital is hosting a flu clinic and diabetes screening Tuesday and Thursday at the VA Medical Center for all enrolled veterans.

Enrolled veterans can receive a flu shot and those who are diagnosed diabetics can also receive preventative eye exams and foot inspections. This screening is necessary for early detection of complications of diabetes related to vascular changes in the retina and neurovascular changes in the feet.

All interested veterans can make an appointment at 778-7533, 778-7558 or 1-888-483-9127, ext. 7533 or 7558. While appointments are not required, they are strongly recommended in order to avoid waiting. Walk in patients will be accepted based upon availability.

Busted: Warren's Article 15s

What these Warren members thought they could get away with

90th Space Wing Legal Office

During the time period of Sept. 1 to 30, seven Article 15 actions were processed at Warren.

Of the seven Article 15 actions processed, four were alcohol related. The following is a breakdown of the Uniform Code of Military Justice articles violated and the punishments received:

Alcohol related incidents:

An airman violated Article 92 of the UCMJ by failing to refrain from consuming alcoholic beverages while under the legal drinking age of 21 years. He received a suspended reduction to

airman basic, forfeitures of \$500 pay per month for two months, and 45 days extra duty.

An airman first class violated Articles 92 and 111 of the UCMJ by failing to remain ready to respond while on standby duty and drunk driving. He received a reduction to airman, suspended reduction to airman basic, forfeitures of \$500 pay per month for two months and 45 days extra duty.

An airman first class violated Article 92 of the UCMJ by failing to refrain from providing alcoholic beverages to another member under the legal drinking age of 21 years. He received a

reduction to airman basic, forfeiture of \$275 pay and 14 days extra duty.

An airman first class violated Articles 86 and 92 of the UCMJ by being absent without leave, failing to report a DUI offense to his unit while on PRP status, and driving on a suspended license. He received a reduction to airman basic, suspended forfeiture of \$617 pay per month for two months and 30 days extra duty.

All others:

An airman first class violated Article 86 of the UCMJ by failing to go to his appointed place of duty. He received a suspended reduction to airman, suspended forfeitures of \$125 pay per

month for two months, 45 days extra duty and a reprimand.

A senior airman violated Article 92 of the UCMJ by using his government travel card for unauthorized purchases. He received a suspended reduction to airman first class, 15 days extra duty and a reprimand.

An airman first class violated Articles 92 and 107 of the UCMJ by damaging a government vehicle while driving on an unauthorized road and signing a false official statement. He received a reduction to airman, forfeiture of \$692 pay, 30 days extra duty, and a reprimand.



Photo by Airman 1st Class Tessa Cubbon

WING COMMANDER FIRST TO DONATE

Col. Michael Carey, 90th Space Wing Commander is one of the first Warren members to make a donation to the Combined Federal Campaign Oct. 13. For more information on CFC, contact 2nd Lt. Kathleen Vorenkamp at 773-3572 or your unit point of contact.

Warren, Wyoming ANG host IO course

90th Space Wing Inspector General

The 90th Space Wing Inspector General and Wyoming Air National Guard are co-hosting the Secretary of the Air Force/Inspector General Complaints and Inquiries Investigating Officer Course at the Trail's End Club Nov. 15 to 17.

The course highlights policy for investigations, governing doctrine to help guide and influence the conduct of investigations, duties and responsibilities of the IO and reference documents an IO will need throughout the investigative process.

Trained IOs can play a critical role in helping commanders discover and correct problems affecting productivity and morale within their organizations. They can help resolve underlying causes of complaints and even prevent more

sever symptoms or costly consequences, such as reduced performance, accidents, poor quality work, poor morale or loss of resources.

Group and unit commanders are encouraged to have trained IO personnel in their groups/units. Trained IOs conduct commander directed investigations, reports of survey, or wing-level investigations when required.

Twelve seats are available for Warren personnel, E-7 through O-5 or civilian equivalent. Fifty students will attend throughout this region. Attendees must be selected or approved by their group or unit commanders. When selecting or approving, consider the individual's time on station availability. For reservations, contact the 90 SW/IG office at 773-4800/4807 by Thursday.

Full Page ad

Full Page ad



# Force shaping board meeting in 2006

**Master Sgt. Mitch Gettle**  
*Air Force Print News*

**WASHINGTON --** A force shaping board will convene in 2006 and continue to meet annually to properly shape the officer corps to meet emerging Air Force needs.

Instituted by the Air Force, the board will be a regular aspect of force management and development in the future.

Authorized by the Secretary of the Air Force, the board convenes at the Air Force Personnel Center at Randolph Air Force Base in April.

Force shaping efforts started in 2004 and evolved in an effort to meet congressionally mandated fiscal year end strength requirements and maintain a balanced force.

"The force shaping board is another aspect of our force management and development," said Brig. Gen. Glenn F. Spears, Air Force Director of Force Management Policy. "We must have a balanced force of officers and enlisted

Airmen to meet the missions of today and tomorrow."

The Air Force began fiscal year 2006 with a force imbalance. It was under strength by approximately 6,000 enlisted and over strength by approximately 3,000 officers.

A current excess of nearly 4,000 officers -- primarily from the 2000 to 2004 commissioning years -- make worse the imbalance and has a long-range impact on the effective development of the officer corps and the ability to access sustainable numbers of enlisted Airmen. Despite an aggressive voluntary force shaping campaign, the Air Force has not achieved the balance of officer to enlisted Airmen through existing voluntary means.

Congress recently gave each service secretary increased authority to proactively manage their junior officer corps through force shaping efforts.

"The Air Force values the service and sacrifice of all Airmen who volunteer to serve, and separating officers is a difficult decision that we

do not take lightly," General Spears said. "This first force shaping process will 'select-in' approximately 7,800 line officers commissioned in 2002 and 2003 to continue to serve in our active Air Force."

Eligible officers may continue to apply for voluntary separation until March 1, 2006 using the force shaping initiatives already approved.

Subsequent boards will consider officers commissioned three years earlier. For example, the 2007 board will evaluate officers commissioned in 2004.

"We value the service of all our Airmen," General Spears said. "Voluntary force shaping initiatives, and the force shaping board, are key aspects of our force management and development."

"Our Airmen have many opportunities to serve -- in the Air Force Reserve or Air National Guard, as Air Force civilians or in the Army," the general said. "We encourage Airmen in the affected year groups to pursue those opportunities to continue service to our great nation."



Courtesy photo

## NEW CV AT AFSPC

Air Force Space Command has a new vice commander, Lt. Gen. Frank G. Klotz, former commander of Twentieth Air Force, Wyo. General Klotz arrived at AFSPC Monday. He assists General Lance W. Lord, AFSPC Commander in the development, acquisition and operation of the Air Forces space and missile systems. The command oversees a global network of satellite command and control, communications, missile warning and launch facilities; and ensures the combat readiness of America's intercontinental ballistic missile force. Air Force Space Command is comprised of more than 39,700 space professionals who provide combat forces and capabilities to North American Aerospace Defense Command and U.S. Strategic Command. General Klotz also directs and coordinates the activities of the headquarters staff.

**TRICK OR TREAT  
OFF THE STREET  
NEW LOCATION!!!!!!**

**Youth Center**  
Monday, October 31, 6 - 9 p.m.

**Take the shuttle to the  
HAUNTED HOUSE in the Scout Hut!**  
**EVERYONE**

is invited to this FREE event! Enjoy bobbing for donuts, ghost bowling, crafts, pie social, pin the nose on the pumpkin and decorate trick or treat bags! Call the Youth Center at 773-2564.

Dinner will be available for purchase. Costumes Encouraged!



**GMAC  
Mortgage**



# CFC runs through Nov. 18

## A way to give back

**Senior Airman Lauren Hasinger**  
*90th Space Wing Public Affairs*

The annual Combined Federal Campaign that allows federal agencies to raise money for charity, runs through Nov. 18.

Hundreds of non-profit local, national and international agencies are able to benefit from the campaign that last year raised a total of \$257 million.

Members from Warren gave \$65,882.04 in 2004. This year's goal is \$68,000, according to base point of contact 2nd Lt. Kathleen Vorenkamp, 90th Mission Support

Group Commander's Support Staff Officer in Charge.

"The more people that donate the better off these agencies will be. It's not only rewarding for [the charities that benefit], but for them as well to know you're helping someone," said Lieutenant Vorenkamp.

Each squadron has a designated representative who will ensure contact is made with every person in their unit. Members may give to as many charities as they wish. Donating money can be done by writing a check and making a one time donation, or by having it deducted monthly by payroll.

For more information, contact the squadron representative or visit the CFC Web site [www.opm.gov/cfc](http://www.opm.gov/cfc).

To find out your squadron representative, contact Lieutenant Vorenkamp at 773- 3572.

**TO FIND OUT  
YOUR SQUADRON  
REPRESENTATIVE  
OR FOR MORE  
INFORMATION,  
CONTACT  
LIEUTENANT  
VORENKAMP AT  
773- 3572.**

Full Page Ad

# Cell Phones for Soldiers helps troops call home

**2nd. Lt. Josh Edwards**  
*90th Space Wing Public Affairs*

Are you wondering what to do with that old cell phone you just replaced? There's a way you can use it to make life better for a deployed military member.

Cell Phones for Soldiers, a registered non-profit organization that was started in April of 2004 by two Massachusetts teenagers, has set up drop-boxes at various Warren locations and in the Cheyenne community to help fund calling cards for military members who are deployed.

When cell phones and equipment are donated to the organization, the phones are recycled for cash used to purchase calling cards for deployed troops.

Master Sgt. Shawn Swidecki, 90th Services Squadron First Sergeant, is working with Scotty MacKenzie, President of the American Federation of Government Employees Local 1014 at the Cheyenne Veteran's Affairs Medical Center, to help get the Warren community involved in the program. The AFGE Local 1014 has joined Cell Phones for Soldiers as an official cell phone collection center.

Mr. MacKenzie, a World War II veteran Purple Heart recipient, has worked with the Veteran's Affairs center for 23 years. He began coordinating with Cell Phones for Soldiers in August after he heard about the excellent benefits the program gives deployed troops.

Mr. MacKenzie served in the South Pacific during World War II and was injured on Aug. 6, 1945, the day the United States dropped the

first atomic bomb. As a veteran, he understands the difficulties of communicating with loved ones at home while being deployed.

"We're going nationwide with this program," said Mr. MacKenzie. "All VA programs across the country are jumping on board, and the Department of Defense is starting to get involved as well."

"This program can really benefit the people we have here at home because Warren has many members who deploy," said Sergeant Swidecki.

Cell Phones for Soldiers benefits not only troops deployed overseas, but those deployed state-side as well. The program has been sending calling cards to people who are deployed to help in the relief of Hurricanes Katrina and Rita, said Sergeant Swidecki.

Another aspect of communication that the program is beginning to take on is the use of video phones for deployed members and their families, said Sergeant Swidecki. Rather than the use of phone cards, Cell Phones for Soldiers can give video phones upon request to deployed members to use in both their homes for their families to use and at the deployed location.

"I see this program expanding further as technology goes out too," said Sergeant Swidecki. "As long as our troops are deployed I think this program will be in place to at least get the communication lines open. Phone cards are great, but to see little Johnny and Suzie is even



Photo by 2nd Lt. Josh Edwards

**Master Sgt. Shawn Swidecki, 90th Services Squadron First Sergeant, sets up a cell phone drop box Tuesday at Freedom Hall for the Cell Phones for Soldiers program.**

better."

Sergeant Swidecki and Mr. MacKenzie are encouraging all Warren members to do what they can to contribute to the Cell Phones

for Soldiers program. Members can donate old cell phones or equipment at any drop-box on base. For more information, call Sergeant Swidecki at 773-1989.

## 6 by 3.5











## AFSPC chief shares views at Strategic Space 2005

**Staff Sgt. Aaron Cram**  
U.S. Strategic Command  
Public Affairs

**OMAHA, Neb.** -- Air Force Space Command's top enlisted warrior spent time Oct. 6 sharing his views of space command's enlisted force with the nation's leaders in space and strategic forces during the Strategic Space 2005 symposium at the Qwest Center here.

During his portion of the Chief's View panel, AFSPC's Command Chief Master Sgt. Ron Kriete, spoke on the enlisted force's mission, morale and training to the senior leadership of U.S. Strategic Command, component and supported commands, the aerospace contractor community, federal officials and other leaders.

"Our enlisted folks are the quiet professionals of the high ground," he said. "They are out there doing tasks day-in and day-out that many of us in this room take for granted. We could never thank them enough for their service to our nation. They are ordinary people doing extraordinary things for us. We have an all-volunteer force that is very dedicated to the mission."

What makes the men and women of space command's enlisted force special to Chief Kriete is the fact they carry out their mission every day in a manner different from most Airmen—deployed in place.

"Every day in our missile fields, we deploy our cops,



Photo by Staff Sgt. Aaron Cram

**Chief Master Sgt. Ron Kriete, Air Force Space Command's Command Chief Master Sergeant, speaks during the Chief's View panel Oct. 6 during the Strategic Space 2005 symposium at the Qwest Center in Omaha.**

chefs and maintainers," he said. "Some of these people are away from their families for more than 180 days of the year. People ask why, and I say it's because that's their job. They go to the missile fields for three to five days at a time. If you keep adding those numbers up, it takes a toll on that individual, and more so, on their families. But they don't complain."

The chief also noted there are shifts of enlisted space operators performing their mission 24 hours a day, without missing a beat because they know how vital they are to enhance the nation's capabilities.

"Our Airmen deployed

in place are very critical to the [deployed warfighter]," Chief Kriete said. "They understand that the warfighter needs space capabilities in a timely manner to complete their mission and the space operators are more than 6,000 miles away."

Another point Chief Kriete said he was proud of is Airmen morale while carrying out their difficult missions.

"I'm here to report to you today that morale is as high as I've ever seen in my 30 years in the Air Force," he said.

The chief then turned his focus on how to help the enlisted force maintain its

high morale.

"We get some of the brightest young men and women in our Air Force," he said. "They're important to us. We have to respect them; we have to reward them for their hard work. Pay is not always the answer for a reward. Sometimes it's a good pat on the back and say, 'Good job this week.' That goes a heck of a long way."

"Also, I say let every Airman develop. I truly believe we can't micro-manage. You have to let them develop because you are training your replacement. The only way you can do that is to let them develop.... Airman will make mistakes. I'm concerned

about the ones that aren't making mistakes. They aren't doing anything. The ones that are making mistakes—they're in the fight. If you continue to let them develop, they will develop into great NCOs, senior NCOs and possibly, fine officers."

To help the Airmen develop, space command officials took a hard look at training requirements for the command's enlisted force. Officials looked at ancillary training, like M-16 and chemical warfare defense training, but wanted to focus on the specific training needs of each individual.

"Not all our Airmen need the same required training," he said. "You have your typical Airman, your expeditionary Airman, and then you have your combat-expeditionary Airman. All three of those categories require different training. And, we have to be good stewards and watch to make sure that the right Airmen are getting the right training."

Chief Kriete closed his section of the panel reiterating how impressed he is with Air Force Space Command's enlisted force.

"Our Airmen today are smart, savvy and exposed to a lot," he said. "They are bright individuals. All we have to do today is continue to listen to them, because they bring a lot of great ideas to the table."

# 6 by 3

6 by 6.5



Airman 1st Class Ryan Hughes, 90th Comptroller Squadron, eyes his competition during a round of dodgeball between the 90th Space Wing team and the 90th Security Forces Group team. A dodge ball tournament was held in celebration of Wingman Focus Day Monday. The dodgeball champions were the 90 SFG team who beat out the 90th Operations Group team in the final round.

Photos by 2nd Lt. Josh Edwards

## Warren members display the 5 Ds of dodgeball



Members of the 90th Mission Support Group team get set to face off against the 90th Operations Group team in the Wingman Focus Day Dodgeball Tournament at Freedom Hall Monday.



A member of the 90th Mission Support Group team fires a ball toward members of the 90th Operations Group team during a round of dodgeball at the Wingman Focus Day Dodgeball Tournament.



# How well do you know your doctor?

## Get up close and personal with flight medicine's newest addition

*The newest addition to the 90th Medical Group's Flight Medicine office, Capt. (Dr.) Randall Nett, recently sat down with Airman 1st Class Tessa Cubbon to talk about interacting with active duty Air Force troops on a regular basis, why quitting smoking is an important part of a healthy lifestyle, and why his dad is his hero.*

*The Fort Collins native recently moved from the family practice office to the flight medicine office at the clinic.*

### What do you do at the 90th Medical Group?

I'm actually one of the new flight medicine physicians. I was a family medicine physician in primary care, and it's a long story, but [Maj. (Dr.) Kevin Anderson, 90th Medical Operation Squadron] left. He separated from the Air Force. They needed to fill this position, and I was the only one qualified, so they put me over here Aug. 1.

### What's the biggest difference you've seen between flight medicine and family practice?

One is you definitely have more interaction with the active duty troops which I do like, and two, I think there's more of an opportunity to practice disease prevention strategies, meaning prevent disease before it happens.

### What is your favorite part of working at flight medicine so far?

Well, I've only been here a short time, so it's hard to say, but I really liked the people I worked with in primary care, and it seems like I'm really going to like the people that I work with over here as well. And again, I really do enjoy interacting with the active duty troops.

### What would you like to tell all patients of the 90th Medical Group?

Well, there's two things I always try to cover. One is talking about the importance of not smok-



Photo by Airman 1st Class Tessa Cubbon

**Capt. (Dr.) Randall Nett, 90th Medical Group, performs a check-up on a Warren member.**

ing, and the second thing is talking about the importance of a healthy lifestyle to include daily exercise. Because if you combine those two things we could prevent a lot of the diseases we end up seeing.

### When and why did you join the Air Force?

I joined November of '97 and initially it was a combination of wanting to do something I thought was fulfilling and doing something

to serve my country.

### What are your career aspirations?

My career goals are to go into public health and focus on infectious disease epidemiology and bioterrorism. Currently I'm working on a master's [degree] in public health through the University of Minnesota on the side.

### What are your life goals?

Just to have a happy marriage, a good family life, and a rewarding career.

### Who is your hero?

My father, he came from very meager beginnings on a ranch in Montana, and he slowly built himself up to probably one of the best in his career field in the world.

### What does he do?

He's a researcher in animal reproduction.

### What do you like to do in your free time?

Mountain bike, exercise, spend time with my family, hiking and fly fishing.

### Where do you like to go hiking at?

Rocky Mountain National Park, the Front Range, and we go to Vedauwoo. It's nice.

### What is the last movie you saw in the theater?

I don't want to admit it, but I saw "Wedding Crashers." It was funny, but not for families.

### What would you do if you were president for a day?

That's a tough question. I would probably consider investing a lot of money for research into renewable energy sources.

### What would you do around Warren if you were wing commander for a day?

That's a tougher question. I would consider making the swimming pool more accessible on a daily basis for our patients because the pool is a great option for exercise and therapy for those that have orthopedic injuries. Sometimes the cost and the time the pool is available is prohibitive for some of our active duty troops.

### What's your life's motto?

To work hard and play hard.

To nominate an outstanding Warren member for 90 Seconds of Fame, first sergeants and commanders can call Airman 1st Class Connor Elayan at 773-3381.

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## Prime rib night

The Trail's End Club hosts a prime rib dinner Wednesday from 5 to 8:30 p.m. The cost ranges from \$12.25 to \$17.50. A children's menu is available.

For more information, call 773-3048.

## Get fit, save later

Come in during the month of October for a ski equipment fitting and outdoor recreation will give you a \$5 discount off your first ski rental package. ODR keeps the information on file and when you're ready to hit the slopes your equipment is just a phone reservation away. Update your existing cards, especially if your family of skiers includes growing children.

For more information, call 773-2988.

## Fright Fest at Six Flags

Outdoor recreation is sponsoring a trip to Six Flags Oct. 29.

The trip departs ODR

at 3 p.m. and returns at 10 p.m. The cost is \$15 per person and includes park admission and transportation.

For more information, call 773-2988.

## Strongman/strongwoman contest

A strongman/strongwoman contest is scheduled for 10 a.m., today, in the Fall Hall parking lot. Events include a golf cart pull, dumbbell carry, weighted disk contest, tire flip and wheelbarrow race.

Sign up at Freedom Hall. Water and sports drinks will be provided. Contestants must be 18 or older.

For more information, call 773-6172.

## Youth dance classes

Register at the youth center for youth dance classes that are being taught at Fall Hall. Class fees are \$30 per month, \$25 per each additional family member or class. Classes will start with

a minimum of four students.

For more information, call 773-2564.

## Family night at the club

Families are invited to the "Charlie Brown Great Pumpkin Patch" family night 5 p.m., Thursday, at the Trail's End Club.

A jump house, putt putt golf, games and more will be available for children.

Dinner will consist of pizza and pasta buffet dinner that includes beverage and dessert. Cost is \$6.95 for adults, \$8.95 for nonmembers, \$3.95 for children ages 6 to 10 and free for children ages 5 and younger.

For more information, call the Trail's End Club at 773-3048.

## Trick or Treat Off the Street

The youth center will be transformed into a Trick or Treat Off the Street from 6 to 9 p.m. Oct. 31.

The youth center staff and volunteers will host

a haunted house, crafts, ghost bowling and many other games for children. The event is free and dinner will be available for a nominal fee.

A shuttle will be available to transport trick-or-treaters from the Trick or Treat off the Street at the youth center to the haunted house at the boy scout hut.

For more information, call the youth center at 773-2564.

## Coaches needed

Coaches are needed for youth cheerleaders and basketball teams. No experience required.

For more information, call 773-2564.

## Children's story time

Story time is scheduled to be held every Friday at 11 a.m. at the base library.

**Today:** Adopt-A-Shelter-Dog Month. A special guest, adopted dog Barkley will be in attendance.

**Oct. 28:** Halloween. Craft: black sock bat.

For more information, call the library at 773-3416.

## Used vehicle check

Receive a free used car check during October and save \$26.

For more information, or to make an appointment, call the auto skills center at 773-3169.

## Save money in services facilities

Club members save 10 percent on Tuesdays during the membership drive, now through Nov. 30 when visiting Warren Lanes (does not include league fees), the Trail's End Club, Warren Golf Course, outdoor recreation, FAM Camp, aquatic center, arts and crafts center, auto skills center, Rubyjuice and AAFES.

AAFES is limited to a one item purchase of up to \$500. Members must show club card and pay by cash, check or club card.

No other credit cards may be used to receive this offer.

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## Education center briefs

**Online tuition assistance:** The education and training flight is conducting briefings to provide information on the new Air Force Virtual Education Center On-Line Tuition Assistance Program. Active duty members currently using TA or contemplating using TA in fiscal year 2006, as well as their supervisors and first sergeants, are highly encouraged to attend one of the briefings. Education center staff will also be available to provide information during commander's calls or staff meetings around the base. For more information, visit the education and training flight customer service counter (1205 Black Powder Rd.) or call 773-2117.

**Warren combined graduation:** A ceremony honoring graduates of the Community College of the Air Force, Embry-Riddle Aeronautical University, and Park University is scheduled for 2 p.m., Nov. 3 at the Pronghorn Center. Rehearsal is 9 a.m., Nov. 3 at the Pronghorn Center (duty uniform). Graduation invitations are currently available at the education center. For more information, contact the education center at 773-2117.


**Resource room:** The education center has a resource room with computer and Internet access for student use. Also available are televisions and VCRs and a large library of educational materials, including study guides and videotapes. It is available for use any time the building is open, including evenings when classes are in session. For more information, call the education center at 773-2117.

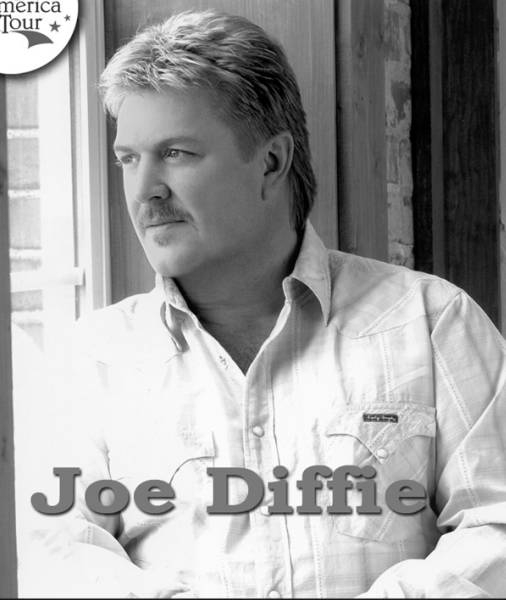
## Personnel Reliability Program is everyone's responsibility

**Question:** What is considered an alcohol related incident?

**Answer:** Any substandard behavior or performance in which the consumption of alcohol by the individual is a contributing factor as determined by the certifying official with consultation from the competent medical authority.

Look for general knowledge questions and answers every week in the Sentinel, courtesy of the base PRP office.

 PRESENTS



**Joe Diffie**

The Spirit of America Tour is a project of the California based Robert and Nina Rosenthal Foundation

**Sunday, October 30**  
**7 pm Free**  
**Peacekeeper High Bay, Bldg. 1501**

Front Section is Reserved for Uniformed Personnel

THIS SHOW IS NOT OPEN TO THE GENERAL PUBLIC  
 For more info, contact Lorri Welsh x2858  
[www.spiritofamericatour.org](http://www.spiritofamericatour.org)

**SERVICES**

**AIRMEN TREAT NIGHT**

**October 29**

**TWO GHASTLY EVENTS**

TO MAKE YOUR HALLOWEEN A REAL TREAT TO REMEMBER

<b>FIRST EVENT</b>	<b>DORM ESCAPE BBQ</b>	<b>7 TO 9 P.M.</b>
Meet at Dorm Escape for a feast fit for a Count. A barbeque that is out of this world (not your hamburgers and hot dogs type of stuff) Watch your favorite horror flick. Sip some cider. Maybe you will even meet the ghost of the old post jail. Sponsored by Air Force Sergeants Association, Top 3 and Dorm Escape		
<b>SECOND EVENT</b>	<b>COSTUME PARTY</b>	<b>9 'TILL ???</b>
Meet at the Trail's End Club for a the costume party you'll never forget. Lucrative prize for the best dressed! *Shocking prizes      *Dancing *Great snacks      *Fun Sponsored by the MAD Crew and Services		

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